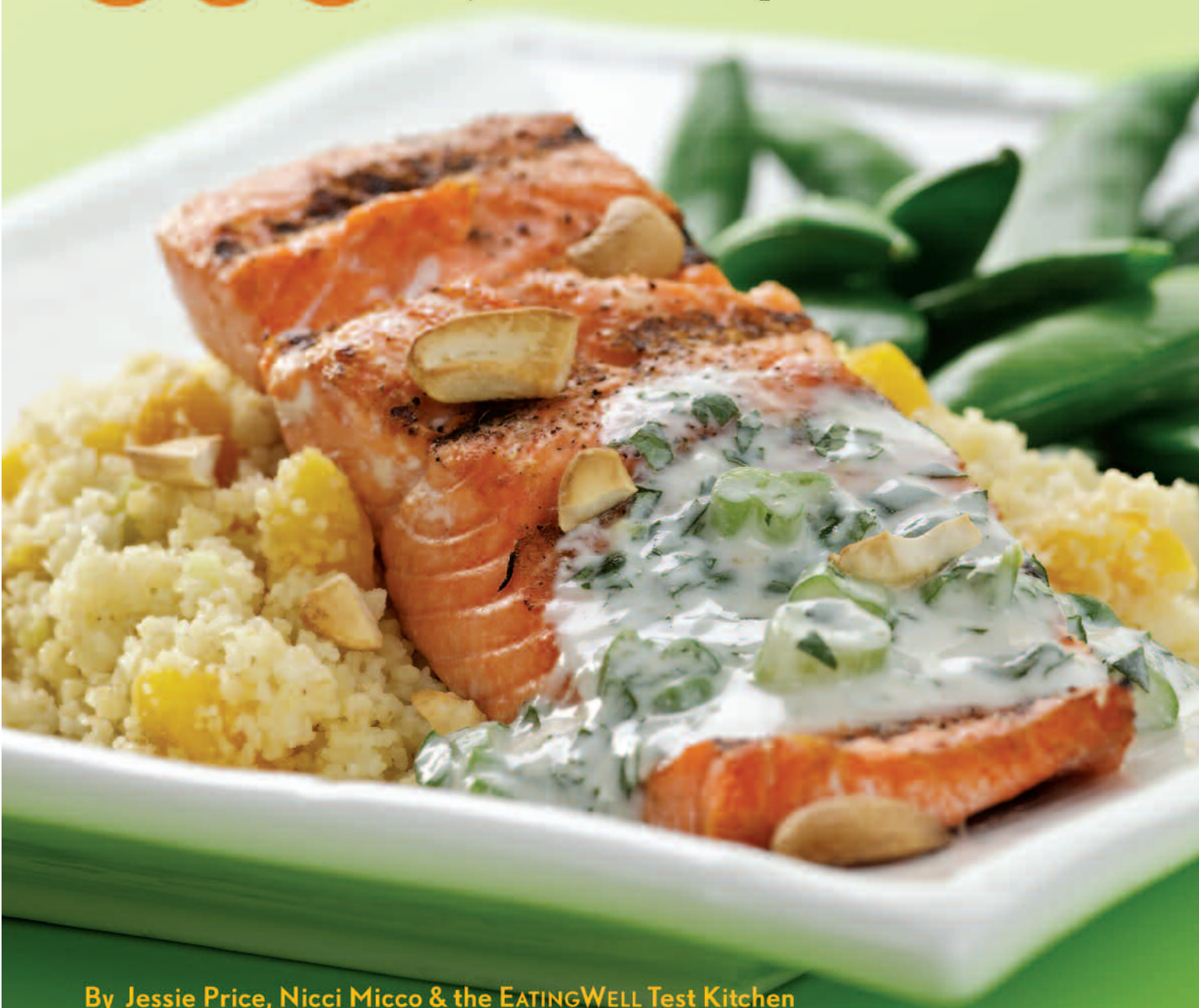


# EATINGWELL®

## 500 CALORIE DINNERS

Easy, Delicious Recipes & Menus



By Jessie Price, Nicci Micco & the EATINGWELL Test Kitchen

**PER SERVING:** 60 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrate; 2 g protein; 3 g fiber; 532 mg sodium; 249 mg potassium.  
**NUTRITION BONUS:** Vitamin A (160% daily value), Vitamin A (17% dv).

H X W L D C H H

THE 500-CALORIE MENU

SERVE WITH ONE FROM EACH GROUP

Southwestern Tofu Scramble, page 88 (202 cal.)  
OR  
Salmon with Pepita-Lime Butter, page 139 (185 cal.)

Quinoa with Latin Flavors, page 186 (181 cal.)  
OR  
Warm corn tortillas (two 6-inch, 140 cal.)

Glazed Mini Carrots, page 179 (74 cal.)  
OR  
Chilled Snap Peas with Creamy Tarragon Dressing, page 179 (61 cal.)

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BAJA BUTTERNUT  
SQUASH SOUP

ACTIVE TIME: 45 MINUTES | TOTAL: 1 HOUR 20 MINUTES  
TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

*This silky-smooth butternut soup gets a hit of spice from chipotle, cloves and cumin. It's perfect when you're craving something warm and creamy (and you'll swear it's made with real cream, though there's nary a drop). Adapted from Chef Jesús González, La Cocina Que Canta at Rancho La Puerta.*

- 1 1/2 pounds (1 small to medium) butternut or other winter squash
- 1 teaspoon canola oil
- 2 stalks celery, chopped
- 1 small onion, diced
- 1 carrot, chopped
- 1 teaspoon ground cumin
- 1/4-1/2 teaspoon ground chipotle pepper (see Note, page 207)
- 1/8 teaspoon ground cloves
- 6 cups vegetable broth
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup nonfat plain yogurt
- 2 tablespoons snipped fresh chives or chopped parsley

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. When cool enough to handle, scoop out the flesh.
3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or in batches in a blender until smooth (use caution when pureeing hot liquids). Season with salt and pepper. Garnish with a drizzle of yogurt and sprinkle of chives (or parsley).

MAKES 10 SERVINGS, ABOUT 3/4 CUP EACH.








# SKILLET GNOCCHI WITH CHARD & WHITE BEANS

ACTIVE TIME: 30 MINUTES | TOTAL: 30 MINUTES

 *In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. Look for shelf-stable gnocchi near other pasta in the Italian section of most supermarkets.*

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- 1/2 cup water
- 6 cups chopped chard leaves (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- 1/4 teaspoon freshly ground pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup finely shredded Parmesan cheese

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

2. Add the remaining 1 teaspoon oil and onion to the pan and cook over medium heat, stirring, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes more.

MAKES 6 SERVINGS.

**PER SERVING:** 327 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 56 g carbohydrate; 14 g protein; 6 g fiber; 587 mg sodium; 360 mg potassium.  
**NUTRITION BONUS:** Vitamin A (50% daily value), Vitamin C (40% dv), Calcium & Iron (19% dv).

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## THE 500-CALORIE MENU

SERVE WITH ONE FROM EACH GROUP

Golden Summer Squash & Corn Soup, page 33 (111 cal.)  
OR  
Mixed greens (1 1/2 cups) with 2 Tbsp. Goat Cheese & Tomato Dressing, page 76 (102 cal.)

Chunky Peach Popsicles, page 202 (33 cal.)  
OR  
Sliced strawberries (1/2 cup, 27 cal.)

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# INDIAN-SPICED CHICKEN PITAS

ACTIVE TIME: 30 MINUTES | TOTAL: 30 MINUTES

TO MAKE AHEAD: Prepare through Step 2. Refrigerate the chicken in an airtight container for up to 2 days.

 Tuck grilled spice-rubbed chicken breasts into whole-wheat pitas with fresh vegetables and a tangy yogurt sauce for an easy supper. Garam masala is a blend of spices used in Indian cooking. Look for it in the spice section of most supermarkets.

- 1 pound boneless, skinless chicken breasts, trimmed
- 1 1/2 teaspoons garam masala, divided
- 3/4 teaspoon kosher salt, divided
- 1 cup thinly sliced seeded cucumber
- 3/4 cup nonfat plain yogurt
- 1 tablespoon chopped fresh cilantro or mint
- 2 teaspoons lemon juice
- Freshly ground pepper to taste
- 4 6-inch whole-wheat pitas, warmed
- 1 cup shredded romaine lettuce
- 2 small or 1 large tomato, sliced
- 1/4 cup thinly sliced red onion

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. If grilling, oil the grill rack (*see Note, page 210*). If broiling, coat a broiler pan with cooking spray.

2. Sprinkle chicken with 1 teaspoon garam masala and 1/2 teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer the chicken to a clean cutting board and let rest for 5 minutes.

3. Meanwhile, combine cucumber, yogurt, cilantro (or mint), lemon juice, the remaining 1/2 teaspoon garam masala and 1/4 teaspoon salt and pepper in a small bowl. Thinly slice the chicken. Split open the warm pitas and fill with the chicken, yogurt sauce, lettuce, tomato and onion.

MAKES 4 SERVINGS.

**PER SERVING:** 333 calories; 5 g fat (1 g sat, 1 g mono); 64 mg cholesterol; 44 g carbohydrate; 32 g protein; 6 g fiber; 637 mg sodium; 485 mg potassium.

**NUTRITION BONUS:** Vitamin C (35% daily value), Vitamin A (25% dv), Magnesium (21% dv), Iron (20% dv).

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## THE 500-CALORIE MENU

SERVE WITH ONE FROM EACH GROUP

Crushed Red Potatoes with Buttermilk, page 188 (85 cal.)

OR

Roasted Eggplant & Feta Dip, page 29 (75 cal.)

Glazed Mini Carrots, page 179 (74 cal.)

OR

Mixed greens (1 1/2 cups) with 2 Tbsp. Parmesan-Pepper Dressing, page 77 (38 cal.)

## DIET TIP

Use spices to add calorie-free flavor to food. Your spices should be fresh to get maximum impact, so buy them in small amounts, label with a date, and discard and replace after one year.

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# SHRIMP VERACRUZANA

ACTIVE TIME: 30 MINUTES | TOTAL: 30 MINUTES

 *Veracruzana is a dish full of onions, jalapeños and tomatoes from the Mexican state of Veracruz. Here we pair the zesty sauce with shrimp, but it can be served with any type of fish or chicken. The heat of fresh jalapeños varies, so be sure to taste yours as you're adding them to the dish and adjust the amount according to your taste.*

- 2 teaspoons canola oil
- 1 bay leaf
- 1 medium onion, halved and thinly sliced
- 2 jalapeño peppers, seeded and very thinly sliced, or to taste
- 4 cloves garlic, minced
- 1 pound peeled and deveined raw shrimp (16-20 per pound; see Note, page 210)
- 3 medium tomatoes, diced
- 1/4 cup thinly sliced pitted green olives
- 1 lime, cut into 4 wedges

Heat oil in a large nonstick skillet over medium heat. Add bay leaf and cook for 1 minute. Add onion, jalapeños and garlic and cook, stirring, until softened, about 3 minutes. Stir in shrimp, cover and cook until pink and just cooked through, 3 to 4 minutes. Stir in tomatoes and olives and bring to a simmer, uncovered. Reduce heat to medium-low, cover and cook until the tomatoes are almost broken down, 2 to 3 minutes more. Remove the bay leaf. Serve with lime wedges.

MAKES 4 SERVINGS, ABOUT 1 CUP EACH.

**PER SERVING:** 192 calories; 6 g fat (1 g sat, 3 g mono); 172 mg cholesterol; 11 g carbohydrate; 24 g protein; 2 g fiber; 324 mg sodium; 516 mg potassium.  
**NUTRITION BONUS:** Vitamin C (40% daily value), Iron & Vitamin A (20% dv).

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## THE 500-CALORIE MENU

SERVE WITH ONE FROM EACH GROUP

Brown rice (see Guide, page 190; 1/2 cup, 109 cal.)

OR

Warm corn tortilla (6-inch, 70 cal.)

Avocado (one-fourth, 80 cal.)

OR

Basic Sautéed Kale, page 178 (102 cal.)

Nonfat chocolate frozen yogurt (1/2 cup, 100 cal.)

OR

White wine (5-ounce glass, 116 cal.)

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# CASHEW SALMON WITH APRICOT COUSCOUS

ACTIVE TIME: 35 MINUTES | TOTAL: 35 MINUTES

 *Yogurt sauce flavored with lemon, cumin and cilantro tops this Indian-inspired grilled salmon. (Photograph: front cover.)*

- 1/2 cup nonfat plain yogurt
- 3 scallions, sliced, greens and whites separated
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1/4 cup chopped dried apricots
- 1 tablespoon minced fresh ginger
- 1 1/4 cups water
- 1 cup whole-wheat couscous
- 1 pound salmon fillet, preferably wild Pacific, skinned (see *Note, page 209*) and cut into 4 portions
- 2 tablespoons chopped toasted cashews (see *Note, page 208*)

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler.

2. Combine yogurt, scallion greens, lemon juice, cilantro, cumin, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Set aside.

3. Heat oil in a large saucepan over medium heat. Add apricots, ginger, the scallion whites and 1/4 teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.

4. Meanwhile, rub salmon with the remaining 1/4 teaspoon each salt and pepper. If grilling, oil the grill rack (see *Note, page 210*). If broiling, coat a broiler pan with cooking spray. Grill or broil the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yogurt sauce and cashews.

MAKES 4 SERVINGS.

**PER SERVING:** 487 calories; 15 g fat (2 g sat, 6 g mono); 73 mg cholesterol; 57 g carbohydrate; 35 g protein; 9 g fiber; 527 mg sodium; 621 mg potassium.

**NUTRITION BONUS:** Vitamin A (19% daily value), Potassium (18% dv), source of omega-3s.

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## THE 500-CALORIE MENU

SERVE WITH

Steamed broccoli with a pinch of cumin and a squeeze of lemon (see *Guide, page 191*; 1/2 cup, 22 cal.)

OR

Steamed snap peas (see *Guide, page 191*; 1/2 cup, 35 cal.)

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**PER SERVING: 289 calories;** 12 g fat (3 g sat, 6 g mono); 65 mg cholesterol; 17 g carbohydrate; 27 g protein; 4 g fiber; 852 mg sodium; 291 mg potassium.

**NUTRITION BONUS:** Vitamin C (40% daily value), Zinc (37% dv), Vitamin A (20% dv), Iron (16% dv).

H X W L D C H H

## THE 500-CALORIE MENU

SERVE WITH ONE FROM EACH GROUP

Brown rice (see *Guide*, page 190; 1/2 cup, 109 cal.)

OR

Whole-wheat fettuccine (1/2 cup, 87 cal.)

Sesame Snap Peas with Carrots & Peppers, page 183 (78 cal.)

OR

Raspberry Applesauce, page 201 (67 cal.)


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# SZECHUAN BRAISED MEATBALLS

ACTIVE TIME: 35 MINUTES | TOTAL: 35 MINUTES

 *Szechuan cuisine, from western China, is full of fiery-hot peppercorns and braised dishes. This recipe gets its heat from prepared Szechuan sauce and crushed red pepper.*

- 1 pound 93%-lean ground beef
- 1 5- to 6-ounce can water chestnuts, rinsed and finely chopped
- 2 teaspoons plus 1 tablespoon cornstarch, divided
- 1/2 teaspoon five-spice powder (see *Note*, page 207)
- 1/4 teaspoon salt
- 1 cup reduced-sodium beef broth
- 4 teaspoons canola oil, divided
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper, or to taste
- 1/4 cup Szechuan sauce (see *Note*, page 207)
- 4 cups shredded napa cabbage
- 1 15-ounce can straw mushrooms, rinsed
- 2 scallions, sliced (optional)

**1.** Gently mix beef, water chestnuts, 2 teaspoons cornstarch, five-spice powder and salt in a medium bowl until combined. Shape the mixture into 12 balls (use about 2 tablespoons each to make 1 1/2-inch meatballs). Whisk broth and the remaining 1 tablespoon cornstarch in a small bowl until smooth; set aside.

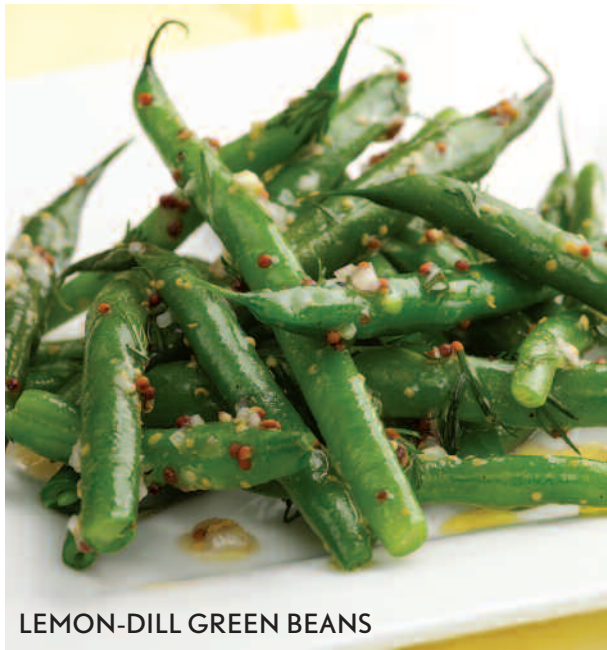
**2.** Heat 2 teaspoons oil in a large nonstick skillet or nonstick wok over medium-high heat. Add the meatballs and cook, turning once, until brown, about 3 minutes total. Transfer to a plate.

**3.** Add the remaining 2 teaspoons oil to the pan. Add garlic and crushed red pepper and cook, stirring, until fragrant, 15 to 30 seconds. Add the reserved broth mixture, Szechuan sauce, cabbage and mushrooms; cook, stirring, until the cabbage is just wilted, about 2 minutes. Reduce heat to a simmer, return the meatballs to the pan, cover and cook until the sauce is thickened and the meatballs are cooked through, 8 to 10 minutes. Serve sprinkled with scallions (if using).

**MAKES 4 SERVINGS, 3 MEATBALLS EACH.**







LEMON-DILL GREEN BEANS

## LEMON-DILL GREEN BEANS

H X W L D C H F H H

ACTIVE TIME: 15 MINUTES | TOTAL: 25 MINUTES

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes.

2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand for about 10 minutes before serving to blend flavors.

MAKES 4 SERVINGS, ABOUT 1 CUP EACH.

PER SERVING: **74 calories**; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 10 g carbohydrate; 2 g protein; 4 g fiber; 163 mg sodium; 177 mg potassium.

NUTRITION BONUS: Vitamin C (20% daily value), Vitamin A (15% dv).

## ROASTED SQUASH & FENNEL WITH THYME

H X W L D C H F H H

ACTIVE TIME: 30 MINUTES | TOTAL: 30 MINUTES

- 2 small summer squash (about 12 ounces total)
- 1 1/2 cups sliced fennel bulb (about 1 small bulb), plus 1 tablespoon chopped fennel fronds, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup thinly sliced garlic

1. Preheat oven to 450°F.

2. Quarter squash lengthwise, then cut crosswise into 1-inch pieces. Combine the squash with sliced fennel, oil, thyme, salt and pepper in a large bowl. Spread the mixture evenly on a large, rimmed baking sheet. Roast for 10 minutes. Stir in garlic and roast until the vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds and serve.

MAKES 4 SERVINGS, ABOUT 2/3 CUP EACH.

PER SERVING: **66 calories**; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 8 g carbohydrate; 2 g protein; 2 g fiber; 167 mg sodium; 388 mg potassium.

NUTRITION BONUS: Vitamin C (35% daily value).

## BRUSSELS SPROUTS WITH BACON-HORSERADISH CREAM

H X W L D C H F H H

ACTIVE TIME: 20 MINUTES | TOTAL: 20 MINUTES

- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 4 strips crisp-cooked bacon, finely chopped
- 1/4 cup reduced-fat sour cream
- 2 teaspoons prepared horseradish
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add Brussels sprouts, cover and steam until tender, 6 to 8 minutes.

2. Mix bacon, sour cream, horseradish, salt and pepper in a medium bowl. Add the Brussels sprouts and toss to coat.

MAKES 6 SERVINGS, 1 CUP EACH.

PER SERVING: **80 calories**; 3 g fat (1 g sat, 1 g mono); 8 mg cholesterol; 9 g carbohydrate; 5 g protein; 3 g fiber; 222 mg sodium; 431 mg potassium.

NUTRITION BONUS: Vitamin C (130% daily value), Vitamin A (20% dv), Folate (19% dv).

- 1/2 cup finely shredded Parmesan cheese, plus more for garnish
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

1. Preheat oven to 400°F.

2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add eggs, ricotta (or cottage cheese), 1/2 cup Parmesan, garlic, salt and pepper; stir to combine.

3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

MAKES 4 SERVINGS, 2 SPINACH CAKES EACH.

PER SERVING: **141 calories**; 8 g fat (4 g sat, 3 g mono); 123 mg cholesterol; 6 g carbohydrate; 13 g protein; 2 g fiber; 456 mg sodium; 560 mg potassium.

NUTRITION BONUS: Vitamin A (170% daily value), Folate (46% dv), Vitamin C (40% dv), Calcium (30% dv), Potassium (16% dv).



PARMESAN SPINACH CAKES

## PARMESAN SPINACH CAKES

L D C

ACTIVE TIME: 15 MINUTES | TOTAL: 40 MINUTES  
EQUIPMENT: Muffin pan with 12 (1/2-cup) muffin cups

- 12 ounces fresh spinach, trimmed (about 12 cups)
- 2 large eggs, beaten
- 1/2 cup part-skim ricotta cheese or low-fat cottage cheese



**PER SERVING:** 142 calories; 4 g fat (2 g sat, 1 g mono); 23 mg cholesterol; 25 g carbohydrate; 3 g protein; 2 g fiber; 204 mg sodium; 85 mg potassium.

H X W H H

## HOT FUDGE PUDDING CAKE

ACTIVE TIME: 20 MINUTES | TOTAL: 1 HOUR

*Serve this dense, fudgy pudding cake with vanilla frozen yogurt. Use coffee instead of hot water if you want a richer-tasting cake with a hint of coffee flavor.*

- 1 cup whole-wheat pastry flour (see Note, page 208)
- $\frac{1}{3}$  cup sugar
- $\frac{1}{4}$  cup plus 2 tablespoons unsweetened cocoa powder, divided
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup nonfat milk
- 1 large egg, lightly beaten
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  cup pecan halves, toasted (see Note, page 208)
- $\frac{3}{4}$  cup brown sugar
- 1  $\frac{1}{2}$  cups hot water or brewed coffee

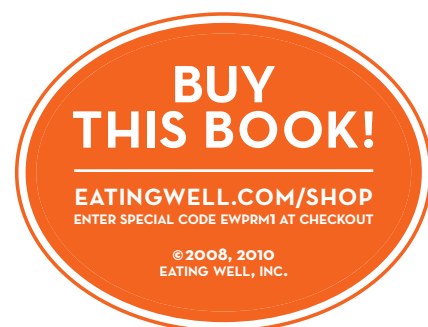
1. Preheat oven to 375°F. Lightly coat an 8-inch-square baking dish with cooking spray.

2. Whisk flour, sugar,  $\frac{1}{4}$  cup cocoa, baking powder and salt in a large bowl. Combine milk, egg, butter and vanilla in a glass measuring cup or bowl. Make a well in the center of the dry ingredients and gradually pour in the milk mixture, stirring until combined. Stir in pecans. Spread evenly in the prepared pan.

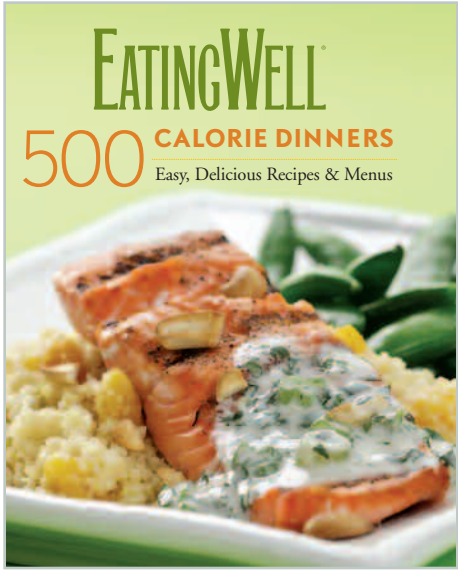
3. Combine brown sugar with the remaining 2 tablespoons cocoa in a small bowl; sprinkle evenly over the batter. Pour hot water (or coffee) over the top.

4. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Let stand for 10 minutes; serve hot or warm.

**MAKES 12 SERVINGS.**







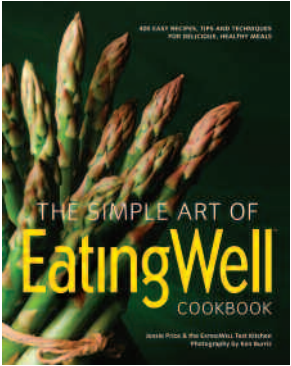
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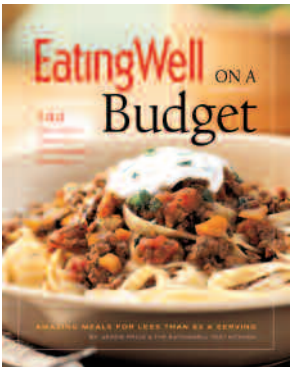
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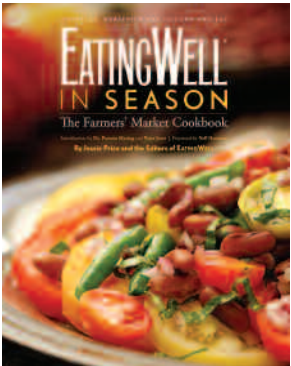
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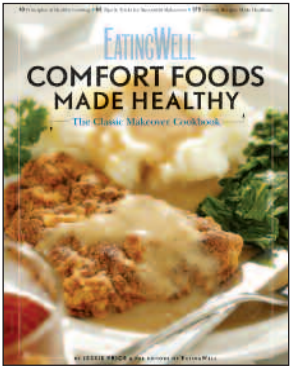
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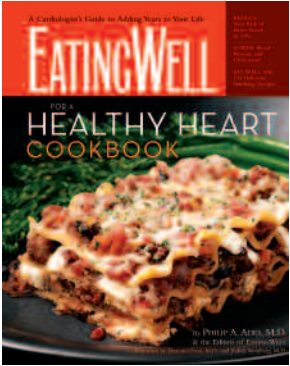
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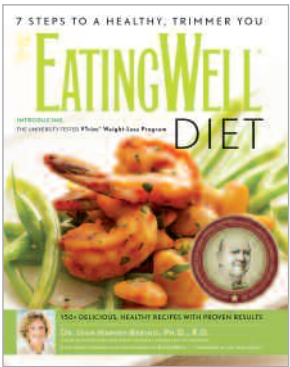
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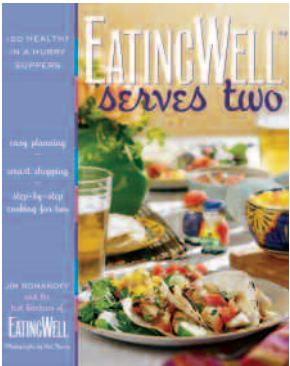
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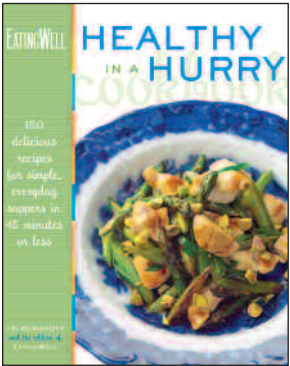
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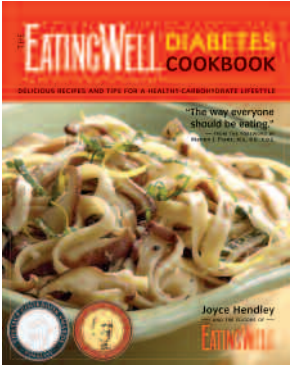
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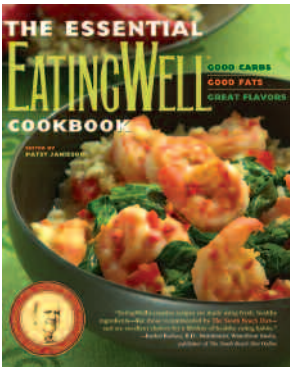
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